What is Claimed is:

- 1. A coating for insulation material comprising a metal layer and a plastic layer, wherein the plastic layer contains plastic that crystallises when heated.
- 2. The coating of claim 1 wherein the metal layer is an aluminum layer.
- 3. A method for manufacturing a coating for insulation material comprising joining a metal layer and a plastic layer to each other by extrusion, wherein the plastic layer contains extrudable plastic that crystallizes when heated.
- 4. A method for manufacturing insulation material comprising:

jolning a coating material to the insulation material, wherein the coating material includes a metal layer and a plastic layer, wherein the plastic layer includes plastic that crystallizes when heated; and

heating the plastic layer in an amount effective for crystallizing the plastic.

- The method of claim 4 wherein the metal layer is an aluminum layer. 5.
- 6. The method of claim 4 wherein the plastic layer contains a polyamide selected from the group consisting of polyamide-66, polyamide-6 and mixtures thereof.
- 7. The method of claim\ 4 wherein the plastic layer is heated to about 100 to about 160°C.
- 8. The method of claim 4 wherein the insulation material includes an expanded plastic or fiber wool.
- The method of claim 8 wherein the expanded plastic is expanded polyurethane or 9. expanded polystyrene.

The method of claim 4 wherein the insulation layer is joined to the plastic layer during formation of the plastic layer.

- The method of claim 10 wherein during the formation of a plastic layer, an amount of heat is generated that is effective for crystallizing plastic in the plastic layer.
- An insulation material comprising a coating joined to an insulation layer, the coating included a metal layer and a plastic layer, the plastic layer includes a polyamide that can be crystallized with heating.

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- 13. The insulation material of claim 12 wherein the metal layer is an aluminum layer.
- 14. The insulation material of claim 12 wherein the plastic layer that includes a polyamide layer is placed against the insulation layer.
- 15. The insulation material of claim 12 wherein there is a layer that is effective for enhancing adhesion between the coating and the insulation layer.